



## Lunch Menu - Ashmole Academy

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat/Fish Main</b>	Spaghetti with Beef Bolognese	Roast Turkey with Roast Potatoes, Stuffing and Gravy	Chicken Tikka Masala with Wholegrain Rice	Pork Sausages with Mashed Potatoes	Battered Fish or Chicken with Chips
<b>Vegetarian Main</b>	Country Vegetable Pie with Mashed Potatoes and Gravy	Cauliflower Cheese with Roast Potatoes	Mediterranean Vegetable Quiche with New Potatoes	Vegetable Tagine with Cous Cous	Halloumi Burger in a Bap with Chips and Relish
<b>Jacket Potato Option</b>	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna
<b>Pasta Pot (Vegetarian)</b>	Sweet Tomato and Basil Sauce	Cherry Tomato Sauce	Mac N Cheese	Roast Sweet Pepper Sauce	Arrabiata
<b>'Street' Food Box</b>	BBQ Chicken Wings	Hoi Sin Noodles (V)	Soft Taco with Quorn Mince (V)	Chicken Katsu with Sticky Rice	Jacket Wedges with Sweet Chilli Sauce
<b>Hot Wrap</b>	Pulled Pork Burrito	Chilli Beef Wrap	Open Marinated Chicken Wrap	Vegetarian Fajita Wrap	
<b>Cooked Vegetables</b>	Fresh Broccoli	Fresh Roasted Parsnips and Green Beans	Fresh Carrots	Garden Peas	Baked Beans
<b>A selection of Fresh Sandwiches, Desserts, Salads, Fruit and Savoury Snack Pots are served daily</b>					



## Lunch Menu - Ashmole Academy

### Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Chicken Shish Kebab in a Pitta Bread and Tomato Cous Cous	Beef Lasagne with Fresh Bread	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding and Gravy	Lamb Balti with Wholegrain Rice	Battered Fish or Chicken with Chips
<b>Vegetarian Main</b>	Aubergine Parmigana	Vegetarian Lasagne with Fresh Bread	Sweet Potato and Mushroom Bake	Cheese Flan with New Potatoes	Halloumi Burger in a Bap with Chips and Relish
<b>Jacket Potato Option</b>	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna	Cheese and Beans or Tuna
<b>Pasta Pot (Vegetarian)</b>	Mac N Cheese	Provencal	Zucchini, Basil and Parmesan Sauce	Arrabiata	Neapolitan
<b>'Street' Food Box</b>	Vegetable Samosa Roll with Makhani Sauce and Sticky Rice	BBQ Chicken Wings	Vegetarian Spring Rolls with Sweet and Sour Noodles	Steamed Chicken and Vegetable Gyoza	Jacket Wedges with Sweet Chilli Sauce
<b>Hot Wrap</b>	Falafel and Mint Wrap	Hoi Sin Duck Wrap	Tuna Wrap	Chicken Tikka Flatbread	
<b>Cooked Vegetables</b>	Sweetcorn	Garden Peas	Fresh Broccoli	Fresh Carrots	Baked Beans
<b>A selection of Fresh Sandwiches, Desserts, Salads, Fruit and Savoury Snack Pots are served daily</b>					



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